INTENTIONS

QURAN CONNECTION

- ♡ _____
- ♡ _____
- ♡ _____

EXAMPLES:

read 1 juz' a day
memorize a new surah
learn tafsir of 1 surah
read quran after fajr

DEVELOPING HABITS

- ♡ I want to: _____
- ♡ I want to stop: _____
- ♡ _____

EXAMPLES:

i want to start waking up for fajr
i want to stop using bad words
i want to get up for fajr prayer

WORSHIP & MORE

- ♡ _____
- ♡ _____
- ♡ _____

EXAMPLES:

pray taraweeh each night
pray tahajjud last 10 nights
do 100x dhikr every day
give sadaqah (charity) last 10 nights

RAMADAN CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT

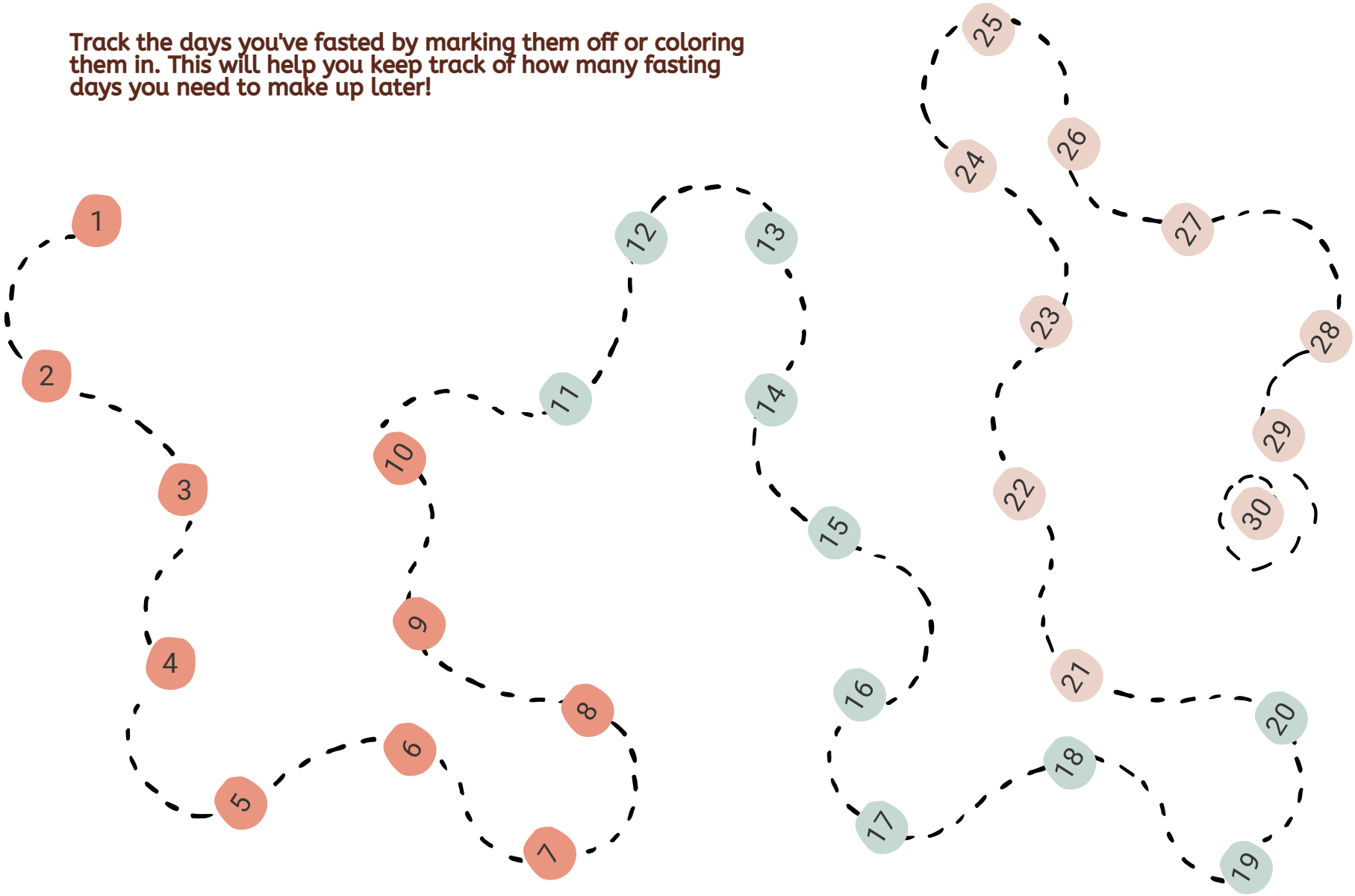
30 DAY Ramadan Challenge

Pick one good deed to do each day of Ramadan. There are 32 deeds to choose from. Feel free to cross each one off when complete, write it into your blank calendar, or even cut these out and stick it onto your blank calendar, if you're feeling crafty!

Make 1000x istighfar	Pray Taraweeh	Read one juz' of Quran	Cook Iftar for someone	Read a story about a Prophet	Watch an islamic lecture	Stay up after fajr and read Quran	Make duaa for someone
Memorize a new Surah	Give sadaqah	no social media all day	Make 1000x alhamdulillah	Learn 10 names of Allah	Share a duaa with someone	Smile at everyone you meet today	Make 1000x subhanallah
Learn a new duaa from the Quran	Pray Sunnah prayers	Volunteer somewhere (in person or online)	Pray all prayers at the beginning of their time	Compliment each person you speak with today	Read two juz' of Quran	Spend 10 mins reading Quran after each prayer	Pick up trash
Donate clothes	Pray Tahajjud	Spend more time in prayer	Refrain from arguing	Make duaa for the muslim ummah	Make Morning + Evening Dhikr	Invite someone for Iftar	Don't overeat at Iftar

RAMADAN TRACKER

Track the days you've fasted by marking them off or coloring them in. This will help you keep track of how many fasting days you need to make up later!



WEEKLY SCHEDULE

Week: _____

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Ramadan Meal Plan

SUN	MON	TUE	WED	THU	FRI	SAT

Morning Dhikr
أذكار الصباح

اللّهُمَّ بِكَ أَصْبَحْنا وَبِكَ أَمْسَينا، وَبِكَ نَحْيا وَبِكَ نَمُوتُ وَإِلَيْكَ النّشور

Allahumma bika asbahna wa bika amsaina wa bika nahya wa bika namutu wa ilaika an-nushur

O Allah, by You we enter the morning and by You we enter the evening, and by You we live, and by You we die, and to You is the resurrection (x1)

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

Allahumma ma asbaha bi min ni'matin aw bi ahadin min khalqika fa minka wahdaka la sharika laka fa lakal hamdu wa lakash-shukru

O Allah, whatever favours You have bestowed upon me and all other creations is only from you. You are One, You have no partners. Praise and thanks be to You (x1)

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil-ladhi la yadurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim

In the name of Allah with whose name nothing is harmed on earth nor in the heavens and He is The All-Seeing, The All-Knowing (x3)

رَضِيتُ باللَّهِ رَبّاً وَبِالْإِسْلَامِ دِيناً وَبِمُحَمَّدٍ نَبِيّاً

Raditu billahi Rabba,wa bilislami Deena, wa Bimuhammadin (SAW) Nabiyyan

I am pleased with Allah as my Lord, Islam as my Deen and Muhammad (SAW) as my Nabi (x3)

حَسْبِيَ اللّهُ لا إِلهَ إِلاّ هُوَ عَلَيهِ تَوَكَّلتُ وَهُوَ رَبُّ العَرْشِ العَظيم

HasbiyAllahu laa ilaaha illa huwa alayhi tawakkaltu wa huwa Rabbul arshil-adheem

Allah is Sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is Lord of the exalted throne (x7)

أَصْبَحْنا وَأَصْبَحَ المُلكُ للهِ رَبِّ العالَمين ، اللّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هذا اليَوْمِ، فَتْحَهُ، وَنَصْرَهُ، وَنورَهُ وَبَرَكَتَهُ، وَهُداهُ، وَأَعوذُ بِكَ مِنْ شَرِّ ما فيهِ وَشَرِّ ما بَعْدَه

Asbahna wa asbahal-mulku lillahi Rabbil-'alamin. Allahumma inni as'aluka khayra hadhal-yawmi: fat'hahu wa nasrahu wa nurahu, wa barakatahu, wa hudahu, wa a'udhu bika min sharri ma fihi wa sharri ma ba'dahu

We have reached the morning and at this very time all sovereignty belongs to Allah, Lord of the worlds. O Allah, I ask You for the good of today, its triumphs and its victories, its light and its blessings and its guidance, and I take refuge in You from the evil of today and the evil that follows it (x1)

اللّهُمَّ عافِني في بَدَني، اللّهُمَّ عافِني في سَمْعي، اللّهُمَّ عافِني في بَصَري، لا إِلهَ إِلاّ أَنْتَ

Allahumma 'afini fi badani, Allahumma 'afini fi sam'i, Allahumma 'afini fi basari la ilaha illa anta

O Allah, grant my body health, O Allah, grant my hearing health, O Allah, grant my sight health. None has the right to be worshipped except You. (x3)

اللَّهُمَّ إِنِّي أَعوذُبِكَ مِنَ الْكُفر، وَالفَقْر، وَأَعوذُبِكَ مِنْ عَذابِ القَبْر، لا إِلهَ إِلاّ أَنْتَ

Allahumma inni a'uthubika minal-kufri wal-faqri,wa a'uthu bika min athabil-qabri, la ilaha illa anta

O Allah, I take refuge with You from disbelief and poverty, and I take refuge with You from the punishment of the grave. None has the right to be worshipped except You (x3)

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ، وَأُشْهِدُ حَمَلَةَ عَرْشِكَ، وَمَلائِكَتَكَ، وَجَمِيعَ خَلْقِكَ، أَنَّكَ أَنْتَ اللهُ لا إِلهَ إِلاّ أَنتَ وَحْدَكَ لا شَرِيكَ لَكَ، وَأَنَّ مُحَمّداً عَبْدُكَ وَرَسولُك

Allahumma inni asbahtu ush-hiduka wa ush-hidu hamalata 'arshika, wa malaa'ikataka wajamee'a khalqika, annaka Antallaahu laa ilaaha illaa Anta wahdaka laa shareeka laka, wa anna Muhammadan 'abduka wa Rasooluka

O Allah, verily I have reached the morning and call on You, the bearers of Your throne, Your angels, and all of Your creation to witness that You are Allah, none has the right to be worshipped except You, alone, without partner and that Muhammad is Your Servant and Messenger (x4)

يا حَيُّ يا قَيّومُ بِرَحْمَتِكَ أَسْتَغيث، أَصْلِحْ لي شَأْني كُلَّه، وَلا تَكِلني إِلى نَفْسي طَرْفَةَ عَين

Yaa Hayyu Yaa Qayyoom bi rahmatika astagheeth, aslih lee sha'nee kullahu wa laa takilni ilaa nafsi tarfata 'ayn

O Ever Living, O Ever Sustaining, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye (x1)

اللَّهُمَّ أَنْتَ رَبِّي لا إِلهَ إِلاّ أَنْتَ، خَلَقْتَني وَأَنا عَبْدُك، وَأَنا عَلى عَهْدِكَ وَوَعْدِكَ ما اسْتَطَعْتُ، أَعوذُ بِكَ مِنْ شَرِّ ما صَنَعْتُ، أَبوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبوءُ بِذَنْبي فَاغْفِرْ لي فَإِنَّهُ لا يَغْفِرُ الذُّنوبَ إِلاّ أَنْتَ

Allahumma anta rabbi la ilaha illa anta, khalaqtani wa-ana 'abduk, wa-ana 'ala 'ahdika wawa'dika mas-tata't, a'oothu bika min sharri ma sana't, aboo-o laka bini'matika 'alay, wa-aboo-o bithanbee, faghfir lee fa-innahu la yaghfiru-thunaba illa ant

O Allah, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise as best I can, I take refuge in You from the evil of which I have committed. I acknowledge Your favor upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You (x1)

سُبْحانَ اللهِ وَبِحَمْدِهِ

SubhanAllahi wa-bihamdihi

How perfect Allah is and I praise Him (x100)

Ayat Al-Kursi	(x1)	آيَة الْكُرْسِي
Surah Al-Ikhlas	(x3)	سورة الإخلاص
Surah An-Nas	(x3)	سورة الناس
Surah Al-Falaq	(x3)	سورة الفلق

Evening Dhikr
أذكار المساء

اللّهُمَّ عافِني في بَدَني، اللّهُمَّ عافِني في سَمْعي، اللّهُمَّ عافِني في بَصَري، لا إِلهَ إِلاّ أَنْتَ

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Allahumma bika amsaina wa bika asbahna wa bika nahya wa bika namutu wa ilaika al-maseerr

O Allah, by You we enter the evening and by You we enter the morning, and by You we live, and by You we die, and to You is the Return (x1)

اللَّهُمَّ مَا أَمْسى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

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HasbiyAllahu laa ilaaha illa huwa alayhi tawakkaltu wa huwa Rabbul arshil-adheem

Allah is Sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is Lord of the exalted throne (x7)

أَمْسَيْنا وَأَمْسى المُلكُ لله رَبِّ العالَمين اللّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هذهِ اللَّيْلَةِ، فَتْحَها، وَنَصْرَها، وَنورَها وَبَرَكَتَها، وَهُداها، وَأَعوذُ بِكَ مِنْ شَرِّ ما فيها وَشَرِّ ما بَعْدَها

Amsaina wa-amsal-mulku lillahi Rabbil-'alamin. Allahumma inni as'aluka khayra hadhihil-layla: fat'haha wa nasraha wa nuraha, wa barakataha, wa hudaha, wa a'udhu bika min sharri ma fiha wa sharri ma ba'daha

We have reached the evening and at this very time all sovereignty belongs to Allah, Lord of the worlds. O Allah I ask You for the good of tonight, its triumphs, its victories, its light and its blessings and its guidance, and I take refuge in You from the evil of tonight and the evil that follows it (x1)